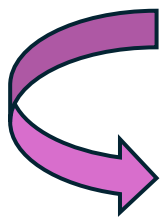
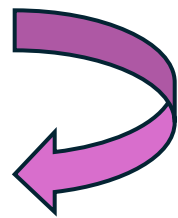
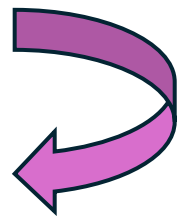


Some people's brains and bodies work in a way that is not considered typical. We call this **neurodivergence**. Two common types of neurodivergence are **ADHD** and **Autism**. Scientists have recently decided you can have both, which can be called **AuDHD**.



Some people have difficult and distressing experiences in their lives. We call this **trauma**. Trauma can lead to post-traumatic stress disorder (**PTSD**). When the trauma is repeated or over a long period of time, particularly when you are young and unable to escape, it can **cause complex-PTSD**, which has its own unique symptoms.

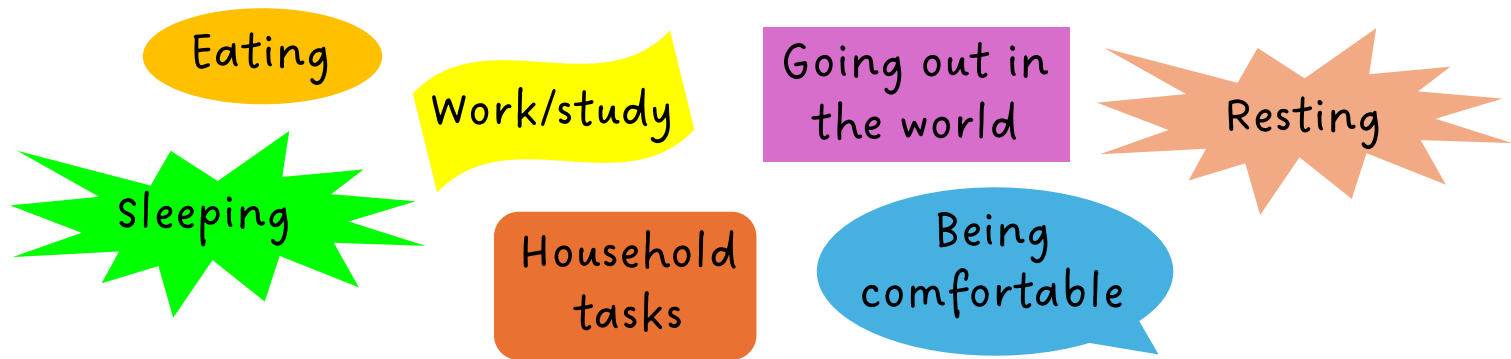
Science in this area is still in its infancy, but people who are neurodivergent and/or who experience trauma seem to have a higher rate of other, less well-known conditions. You may want to look up some of the following terms:



| | | | | |
|------------------------|---|--|---|---|
| Systemic issues | <u>Irritable bowel syndrome (IBS)</u> | <u>Autoimmune conditions</u> | <u>Fibromyalgia</u> | <u>Thyroid conditions</u> |
| | <u>Ehlers-Danlos syndrome (EDS)</u> | <u>Sleep apnea</u> | <u>Mast cell activation syndrome (MCAS)</u> | <u>Postural tachycardia syndrome (POTS)</u> |
| | | <u>Restless legs syndrome</u> | | |
| Menstrual matters | <u>Premenstrual dysphoric disorder (PMDD)</u> | <u>Endometriosis</u> | <u>Polycystic ovary syndrome (PCOS)</u> | <u>Challenges navigating the menopause</u> |
| Mental health | <u>Eating disorders</u> | BINGO! | <u>Substance misuse</u> | <u>Addiction</u> |
| Other neurodiversities | <u>Bipolar</u> | <u>Obsessive-compulsive disorder (OCD)</u> | <u>Tourette's</u> | <u>Personality disorders</u> |

The combination of any of the above can have an impact on your ability to do day-to-day tasks. This might include:

- Some helpful words:
- Chronic illness
 - Disability
 - Dynamic disability



...Now what can I do about it?

Knowledge is power !
- educate yourself & share with others

Seek specialist medical support



Process trauma - therapy, journalling, somatic meditation, whatever works for you



Look after your physical health - the basics eg gentle exercise, adequate rest, healthy diet, medicines, vitamins/supplements



Vagal tone exercises



Make accommodations to meet your needs!